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Tuesday, March 13, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

MARK HAMILL'S FINALLY A STAR

Now on the Hollywood Walk of Fame, here's all the reasons to love him. 19

Insomnia's the worst. Here's how you can sleep (and perform) better. 25

Yankees add former Met Neil Walker to infield collection. 27

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MAYDAY, MAYDAY!

New details are emerging on Sunday's tragic helicopter crash in the East River. 4

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WELCOME TO METRO US

NIKKI M. MASCALI, REPORTER

On Sunday night, a sightseeing helicopter crashed into the East River, killing all five passengers onboard. Only the 33-year-old pilot from Danbury, Connecticut, survived. Find out everything you need to know about the tragedy, from the victims' names to the latest details in the investigation, on page 4. Follow along at **metro.us/newyork** for all of our local coverage.

HOUSE GOP FINDS NO EVIDENCE OF COLLUSION

1 House Intelligence Committee Republicans said on Monday the panel had finished conducting interviews in its investigation of Russia and the 2016 U.S. election, and found no collusion between President Donald Trump's associates and Moscow's efforts to influence the campaign. "We have found no evidence of collusion, coordination or conspiracy between the Trump campaign and the Russians," committee Republicans said as they released an overview of their probe. Rep. Mike Conaway, who has led the panel's investigation, said the panel had finished the interview phase of its probe. "You never know what you never know, but we found no reason to think that there's something we're missing in this regard. We've talked to everybody wethink we need to talk to," Conaway said in an interview on Fox News Channel.

'HIGHLY LIKELY' RUSSIA BEHIND SPY ATTACK: UK

2 British Prime Minister Theresa May said on Monday it was "highly likely" that Moscow was responsible for the poisoning in England of Russian former double agent Sergei Skripal and his daughter using a military-grade nerve agent. May told parliament that either the Russian state was directly responsible for the poisoning or it had allowed the nerve agent to get into the hands of others. London has given Russia until Wednesday to explain its use. British officials identified the substance as part of the Novichok group of nerve agents which were developed by the Soviet military during the 1970s and 1980s, May said. "Should there be no credible response, we will conclude that this action amounts to an unlawful use of force by the Russian state against the United Kingdom," May said, calling the attack a "reckless and despicable act."

PROTESTS AFTER 3 MILITANTS KILLED IN GUN BATTLE

3 A Kashmiri Muslim protester throws back an erupting teargas shell toward Indian government forces during the funeral of Eesa Fazili, a Kashmiri rebel who was killed in a brief gun battle with Indian government forces, on Monday in Srinagar, the summer capital of Indian-administered Kashmir. Three militants were killed in a gun battle with Indian armed forces in Anantnag district, south of summer capital city Srinagar, early Monday, officials said.

GETTY IMAGES

STORMY DANIELS OFFERS TO RETURN 'HUSH MONEY'

4 The adult-film actress who claims she had an affair with Donald Trump before he became president offered on Monday to return $130,000 that Trump's personal lawyer paid her in what she said was hush money to remain silent about the alleged relationship. Stephanie Clifford, who uses the stage name Stormy Daniels, has said the affair with Trump began in 2006 and lasted several months. Clifford proposed on Monday that she be allowed to discuss her alleged affair with the president freely after repaying the money. "This is an extremely fair offer," her attorney, Michael Avenatti, said. "It accomplishes the goal of allowing the American people to decide who is telling the truth after hearing both sides." The alleged affair threatens to erode Trump's support among evangelical voters. ***Read more on Stormy Daniels on page 17.***

MET OPERA CONDUCTOR FIRED OVER MISCONDUCT

5 NYC's Metropolitan Opera said on Monday that it had fired its longtime conductor and musical director James Levine after an inquiry found "credible evidence" to support accusations against him of sexual misconduct. The Met suspended Levine, 74, in December after several accusations of sexual misconduct stretching from the 1960s to 1980s. At the time, he was serving as music director emeritus and artistic director of its young artist program at the Met. The Metropolitan Opera said in a statement on Monday that an independent inquiry had "uncovered credible evidence that Mr. Levine had engaged in sexually abusive and harassing conduct" before and during his time at the company. "The Met concludes that it would be inappropriate and impossible for Mr. Levine to continue to work at the Met," the opera said in the statement.

US MANUFACTURING

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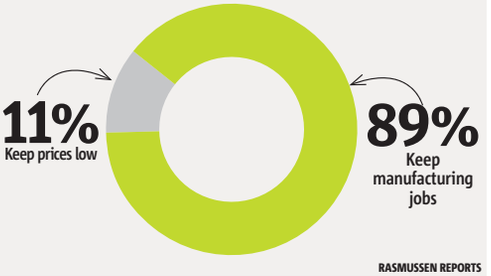

RASMUSSEN REPORTS

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Victims identified in NYC helicopter crash

They include two men from Dallas, a tourist from Argentina and two helicopter employees. The Connecticut-based pilot was the sole survivor.

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The five victims in Sunday's fatal East River helicopter crash have been identified.

According to police sources cited by the New York Daily News, they are firefighter Brian McDaniel and video journalist Trevor Cadigan, both of Dallas, Argentine tourist Carla Vallejos Blanco and helicopter employees Tristan Hill and Daniel Thompson.

The five were passengers on a privately chartered sightseeing helicopter from Liberty Helicopters, whose fatal flight originated in Kearny, New Jersey. Only pilot Richard Vance of Danbury, Connecticut, survived the crash.

A short video posted to Cadigan's Instagram story showed him smiling as the helicopter took off as another passenger sitting behind him gave a thumbs up.

While investigators from the Federal Aviation Administration and the National Transportation Safety Board were determining the cause of the crash, Vance told officials that he thought the helicopter's engines failed, which he reported when he repeatedly radioed "Mayday! Mayday!" to LaGuardia Airport before the crash around 7 p.m., CNN reported.

A senior law enforcement official told the network that Vance said one of the helicopter passengers' bags may have accidentally struck the chopper's emergency fuel shutoff button, which led to the crash.

Rescue personnel search the East River after Sunday night's helicopter crash. GETTY IMAGES

> **"Mayday! Mayday!"**
>
> Richard Vance, pilot

Preliminary details also indicated that one of the helicopter's emergency flotation devices did not deploy correctly, which caused the aircraft to overturn into the East River's frigid waters between East 86th Street and East 96th Street, leaving its occupants submerged and trapped by their harnesses, which needed to be cut by responders.

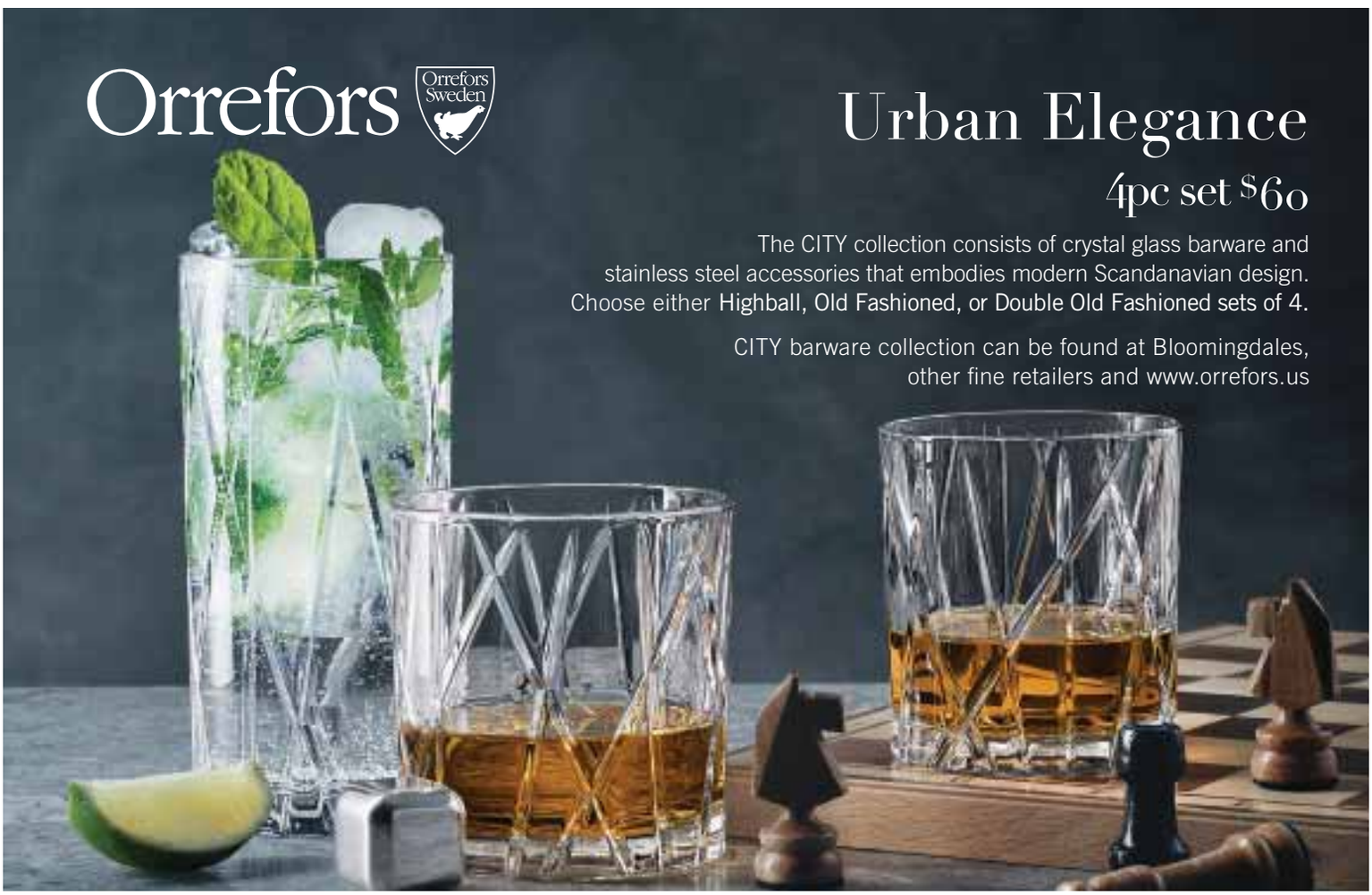
Officials said that the helicopter drifted between 1 and 2 miles south before crews could stop it, ABC News reported.

According to tracking website FlightRadar24.com, the helicopter flew past the Statue of Liberty and over the Brooklyn Bridge before it lost contact and crashed into the East River.

An FAA spokesman told CNN that Vance did not have prior accidents or incidents, nor did the Eurocopter AS350 helicopter. Records show Vance's current commercial pilot license was issued in September 2011.

Liberty Helicopters has been in business for more than 30 years, its website said, and Sunday's crash was its third in 11 years. A chopper crashed into the Hudson River in July 2007 and all eight on board survived. Nine people were killed when a helicopter collided with a small private plane over the Hudson in August 2009, a result of the chopper flying too high, investigators determined.

A statement from New York Sen. Chuck Schumer's office said he will ask the FAA to stop Liberty Helicopter's operations pending a review of its safety records and the investigation of Sunday's crash.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Despite push, NY balks at injection sites

As drug-addicted New Yorkers continue to overdose on opioids, city and state officials hesitate to open the medically supervised sites.

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A client of the Insite supervised injection Center in Vancouver, Canada, collects her kit. GETTY IMAGES

Last month, The New York Times published a plea to public health officials and policymakers around the country: Let cities open safe injection facilities.

It was just the latest voice in a growing chorus — which includes American Medical Association, The International Narcotics Control Board, and the Massachusetts Medical Society — calling for the novel harm-reduction approach to combating the opioid epidemic.

Safe injection facilities, also called safe consumption sites, are legally sanctioned facilities where people who use intravenous drugs can inject pre-obtained drugs under medical supervision.

In what may seem like an oxymoron — giving drug users space and support to inject themselves with deadly drugs — safe injection facilities have been shown to reduce the number of overdose deaths and lead to more addicts seeking treatment in cities where sites exist.

While there are currently more than 60 such facilities around the country, there is only one in North America — in Vancouver. The often-studied site has shown to halve the number of public drug users and discarded syringes.

But in a state where there has been 2,185 opioid overdose deaths — 665 in New York City alone, according to the most recent figures by the New State Health Department — city and state officials seem to be balking at the idea.

Two years ago, the New York City Council commissioned a $100,000 feasibility study on the implementation of safe injection facilities. Though the study concluded last fall, the report has yet to see the light of day, with Mayor Bill de Blasio simply commenting that it would be released "sometime soon" when pressed by council members.

"Every hour that goes by, seven people are overdosing in the city, so we have no time to waste," said Melissa Moore, the deputy state director for New York for the Drug Policy Alliance. But, she said, "there's a lack of political will to the kind of out-of-the-box, bold thinking here in New York."

Many other proponents agree. "We have a governor who is most concerned about popular opinion and he always seems to need to create a buffer between his decisions and public perception," said Alexis Pleus, whose son Jeff died as a result of an opioid overdose.

"We want to prevent overdose deaths."

New York State Assemblymember Linda Rosenthal

Pleus has become an advocate of safe injection sites since her son's overdose. "Given two facts — that Jeff would use no matter the roadblock when he was in active addiction and knowing the pain and finality of death — I have to support safer consumption sites," she said. "If we were to open safer consumption sites, which are a clinical, medical setting, we will start to change public perceptions about opioid use."

New York State Assemblymember Linda Rosenthal, who represents Manhattan, is trying to change that perception. A proponent of safe injection sites for a number of years, she last year introduced legislation that would allow sites that offer services like needle exchanges to open safe injection sites.

"We want to prevent overdose deaths," said Rosenthal. "People who die in parks, playgrounds, McDonald's bathrooms, libraries, these are the type of people who need somewhere to go where they will not use and overdose in public."

Her bill, though, gained little traction, sitting and dying in committee without ever coming to a vote. She's hopeful that this year may be different, after more assembly members learn of the impact safe injection sites can have on the city.

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BROOKLYN

Suspicious white powder sent to Brooklyn Supreme Court

Local police and fire officials rushed to Brooklyn Supreme Court on Monday after a person there opened an envelope containing a suspicious white powder.

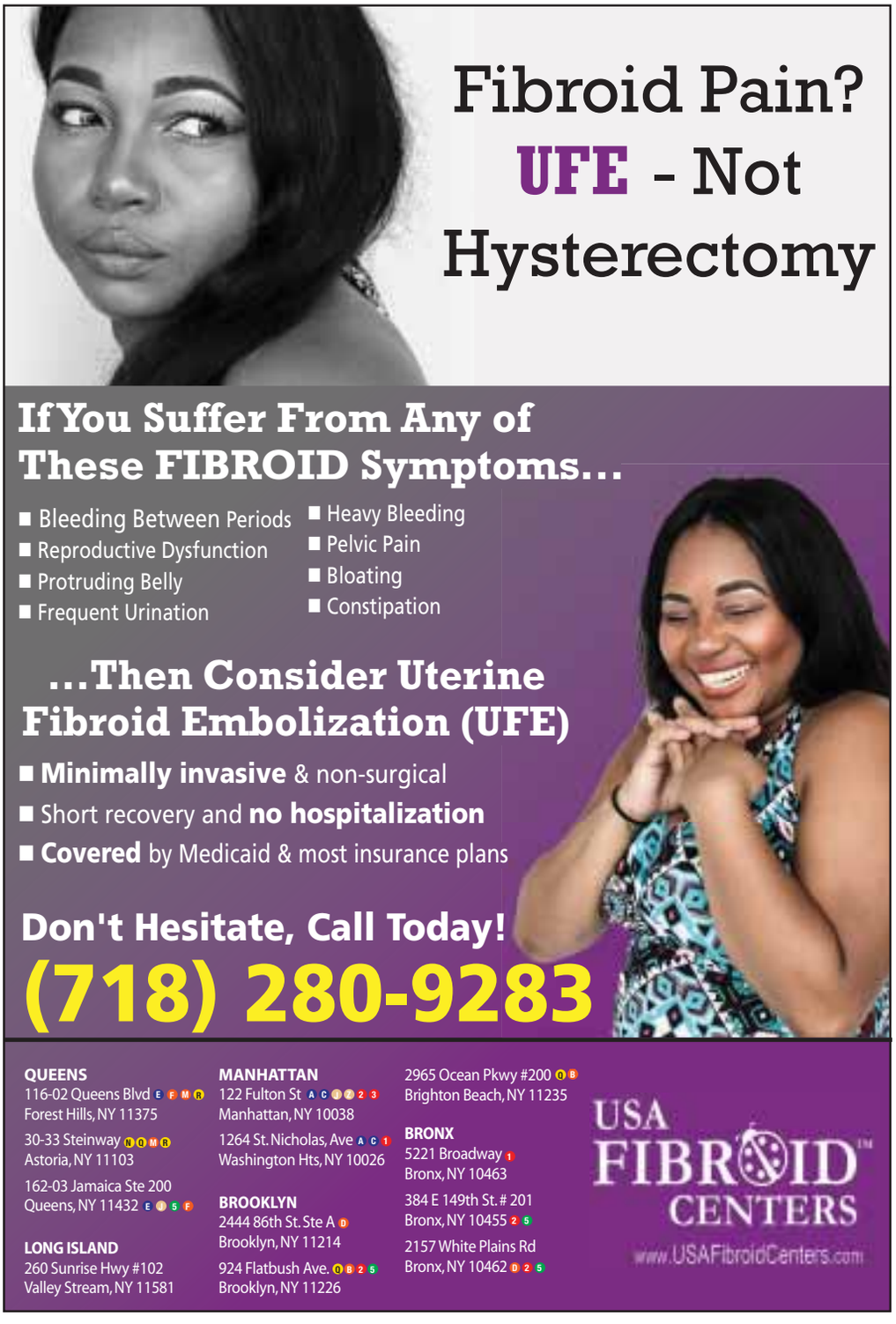
Authorities locked down the 8th floor and the 11th floor after the substance was discovered, around 11:45 a.m. The powder, which reportedly had a strange scent, was tested by hazmat officials to see if it was toxic, the New York Daily News reported. The odor was described as "noxious" by a court spokesman, Patch reported. The tests, however, were inconclusive and the powder was sent to the Emergency Services Unit for further testing.

The NYPD investigated a report of suspicious white powder at Brooklyn Supreme Court. GETTY IMAGES

The person who opened the envelope called authorities out of "an abundance of caution." There were no reports of any illness or concerning symptoms, according to FDNY. Officials did not specify the envelope's intended recipient.

Last month, an envelope addressed to Donald Trump Jr. at his Manhattan home was opened by Trump's wife, Vanessa. That powder was found not to be toxic. A Massachusetts man, 24-year-old Daniel Frisiello, was later charged with mailing the substance along with threatening letters.

MORGAN ROUSSEAU



The 163rd Street C train station closed for six months of renovations that include waterproofing, lighting, staircases and entrance improvements and the installation of countdown clocks and Wi-Fi. WIKIMEDIA

C train station at 163rd Street begins 6-month closure due to renovations

It is the first of four stations that will close this spring as part of the MTA's Enhanced Station Initiative.

NIKKI M. MASCALI
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Washington Heights residents who use the 163rd Street-Amsterdam Avenue subway station on the C line will need to find a new way to and from home as the station will be closed for repairs for the next six months.

The station closed Monday to undergo renovations that include waterproofing, lighting, staircases and entrance improvements. Digital countdown clocks and Wi-Fi will also be installed.

During the duration of the work, which is slated to be completed in September, A and C trains will skip the 163rd Street stop in both directions.

As an alternative, straphangers can walk to the 168th Street station, which serves A, C and 1 trains, or the 155th Street C train station or 157th Street 1 train station.

They can also take the M3, M100 or M101 buses to transfer to A or C trains at 155th Street or 168th Street. If they need to transfer to another bus, they can ask bus drivers for a MetroCard Bus Transfer, which will be good for two hours, according to MTA.info.

C train riders will need to find a new way to and from home as the station will be closed for repairs for the next six months.

The station closure is the first in the MTA's Enhanced Station Initiative. Three other stations on the B and C lines are on the docket for closures this spring: 110th Street (April 9), 72nd Street (May 7) and 86th Street (June 4).

More than 30 subway stations are also slated to undergo similar improvements in the coming years.

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3 bedroom		$1,414	1	→	3 people	$51,018	$51,540
					4 people	$51,018	$57,240
					5 people	$51,018	$61,860
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[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: 26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 7, 2018.** Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

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简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请2018年5月7日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418.** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **7 май 2018.**

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를**26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418.**으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2018년5월7일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418.**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **me 7, 2018.**

العربية

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Special counsel Robert Mueller's investigation has continued to inch closer to President Trump. GETTY IMAGES

Report: Trump recruits an impeachment lawyer for his legal team

The president met with the attorney who represented Bill Clinton during impeachment proceedings, a new report says.

MICHAEL MARTIN
letters@metro.us

President Trump has his eye on the exit, and he's worried a dumpster fire may be blocking it.

On Saturday, The New York Times reported that Trump has met with the lawyer who defended Bill Clinton during impeachment proceedings, and he's bringing the veteran attorney onto his legal team to deal with Robert Mueller's special-counsel investigation.

If Emmett Flood comes aboard, he would help guide Trump's daily dealings with the Justice Department. The scenario would not involve Trump's current lawyer Ty Cobb leaving. The Times reported that Trump's meeting with Flood doesn't reflect new concerns about the investigation but rather acceptance that it won't be ending anytime soon.

A hitch: Trump has long wanted Flood on his legal team, but the attorney has been reluctant. Last summer, Flood turned down an invitation to represent Trump, the "Times" said, and it's not clear what has changed, if anything.

Mueller's investigation continues to inch closer to the president. Last week, it was reported that a new cooperating witness told Mueller about a secret meeting in the Seychelles, which included representatives of Trump and Russian Vladimir Putin and was intended to open a back-channel between the Trump transition team and Russia. Mueller is investigating if any money or assistance changed hands, which would be illegal. It would almost certainly — to the extent anything can be certain these days — end Trump's presidency.

On Sunday, Trump denied the Times story, tweeting, "The Failing New York Times purposely wrote a false story stating that I am unhappy with my legal team on the Russia case and am going to add another lawyer to help out. Wrong. I am VERY happy with my lawyers, John Dowd, Ty Cobb and Jay Sekulow. They are doing a great job."

But Trump did not deny that he might add Flood to his legal team.

"I am VERY happy with my lawyers. ... They are doing a great job."

President Trump, on Twitter

The president also tweeted that reporter Maggie Haberman is a "Hillary flunky" and "knows nothing about me and is not given access." The second assertion has been refuted by multiple accounts of Haberman getting exclusive access, with Trump calling her directly to give her scoops. On Twitter, Haberman is frequently accused of being too soft on the administration in her reporting, and for debating Trump detractors on the social network. Haberman's co-author on the piece, Michael Schmidt, was excoriated by the same crowd for not challenging Trump enough during an impromptu 30-minute interview over the holidays.

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New study: Women wearing heavy makeup look less like leaders

The results of this study revealed that both male and female participants perceived women with a "social night out" look as having poorer leadership skills than those who were fresh-faced. GETTY IMAGES

A new makeup study from Dundee, Scotland's Abertay University suggests that women who go without makeup are seen as "better leaders" than those who paint their features heavily.

Here's how the study worked: 168 respondents were asked to assess which woman in a pair of two images — one without makeup, one with — was a "better leader" and were asked to dictate "how much better" that leader was than the other.

The makeup was styled for a "social night out" and was applied to women's faces by computer software as either a "50 percent" or "100 percent" makeover (a little bit of makeup vs. a lot). In each of the 16 image matchups, one of the women was always makeup-less. As for the woman in the pair who donned makeup, eight had the 50 percent makeover and the other eight had the 100 percent makeover.

The results of this makeup study revealed that both male and female participants perceived the women with "social night out" look (100 percent makeover) as having poorer leadership skills than those who were fresh-faced.

In comparison, the women who had some makeup applied to their faces (50 percent makeover) were perceived as being better leaders than their fresh-faced counterparts.

"Regardless of the participant's sex or ethnicity, makeup used for a social night out had a negative effect on perceptions of women's leadership ability," the makeup study, conducted by researchers Esther James and Shauny Jenkins and led by Dr. Christopher Watkins, reads. But the study also suggests that "a subtle enhancement in facial coloration via makeup may have positive effects on how women are evaluated within the business environment."

"The important thing to bear in mind with this is that further work could look at different styles of makeup and whether manipulating the style of makeup leads to different findings (e.g., a more professional look)," Dr. Watkins told Metro. "The research isn't intended to promote a value judgment — what an individual woman is comfortable with doing is up to her — more just to demonstrate what people, on average, may say or do when you ask them to indicate their first impressions of other people."

Stop and consider this: Would you really wear "going out" makeup to work? Think about it. Would you spend as much time getting ready for a night at 1 Oak as you would prepping to ride an office-bound A train?

It depends on the person, of course. One Metro editor said she'd wear "going out" makeup to work if it were a special occasion, and that she normally wears a modest amount because of the confidence it brings her, stating, "I think it's a lovely way to express myself."

Similarly, a Metro designer said that she doesn't have enough time to apply "going out" makeup before she leaves for work, but without at least a "natural look," she feels like she appears "more tired" and feels more self-conscious.

In fact, a 2017 study conducted by Harvard Medical School explored what's known as the "lipstick effect," in which wearing makeup can give women a confidence boost and actually make them feel smarter.

Here's the bottom line though: Regardless of the amount of makeup you have on, as a Wonder Woman of society, wear your lipstick — or bare-lipped — smile to the office and do the damn thing. SAM BRODSKY

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Hundreds of arthritis sufferers from tri-state area calling weekly to f

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

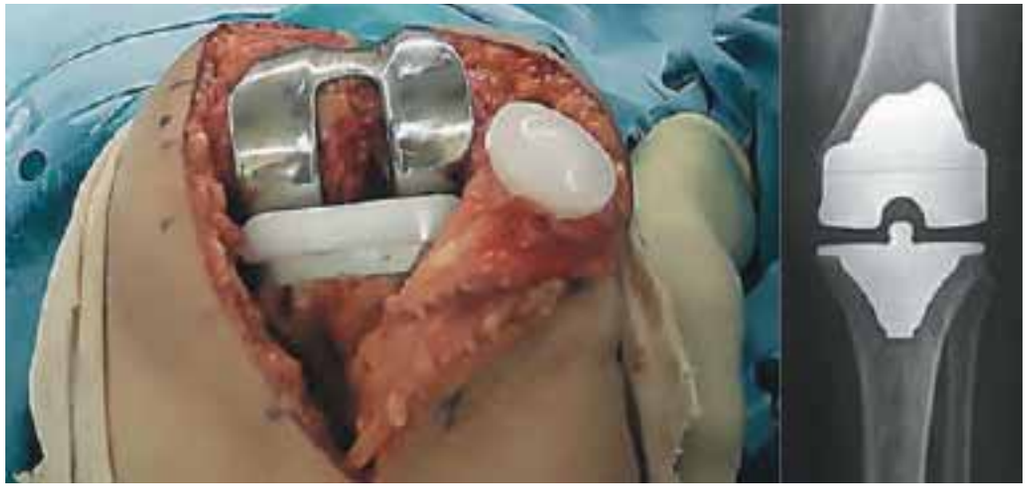
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupple- cosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

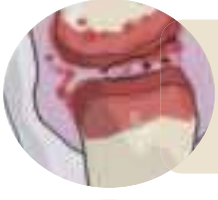


Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife

Normal Pain-Free Knee Joint

Everyone Wants Proof:

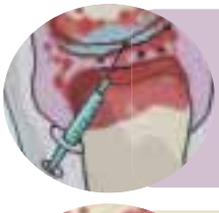
In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

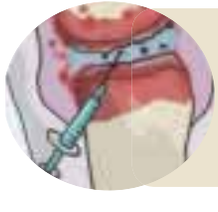
Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

f Almost All Ages Are Choosing dures Before Surgery

of High Tech Medicine And Treatments

le to no downtime amongst top reasons.

ind out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* used this P.A.T. Imaging Technology with each and every treatment.

NY Pain MD is a state of the art medical facility offering the best technology.

And that's not all

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

Many Insurance Plans Participate*:*
Most Out-Of-Network Insurance Plans
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**EZ payment plans and financing also available*

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important -
Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any question:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?
- Have you already tried viscosupplemention (Hyalgan, Supartz Synvisc) without satisfactory results?

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

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The East Coast is expecting another winter storm this week. GETTY IMAGES

Northeast braces for third powerful storm in two weeks

Blizzard conditions are possible and power outages are a threat.

The third nor'easter to hit parts of the U.S. northeast in two weeks was expected to start late on Monday and Amtrak said it would suspend service on Tuesday between Boston and New York, as the storm could bring high winds, a foot or more of snow and power outages.

"This storm won't be as widespread as before," said Marc Chenard, a meteorologist with the National Weather Service's Weather Prediction Center in College Park, Maryland. "It'll hit New England the hardest."

The railroad said the service suspension would last until at least 11 a.m. EDT on Tuesday and that service would resume when weather conditions allowed. The storm was expected to continue into Tuesday. Amtrak said it would also cancel some trains running from New York to Harrisburg, Pennsylvania.

Boston declared a snow emergency and announced a parking ban beginning on Monday at 7 p.m on major roads. The city said Boston Public Schools, libraries and other city services would be closed on Tuesday.

The National Weather Service said parts of Massachusetts could get up to 18 inches of snow and issued a coastal flood warning.

Certain storms are classified as nor'easters because their strong winds typically are from the northeast, and they tend to occur most frequently and most violently between September and April along North America's East Coast, according to the National Oceanic and Atmospheric Administration. Some nor'easters carry hurricane-force winds.

Storms on March 2 and 7 left at least nine people dead across the region, some two million homes and businesses without power, and flooding in the streets of Boston.

Other areas that were severely affected in the previous two storms, including parts of New York, New Jersey and Maryland will see only 1 to 4 inches of snow this time around, Chenard said.

Blizzard conditions are possible and power outages are a threat for parts of Rhode Island, eastern Massachusetts, New Hampshire and Maine, which are under the Winter Storm Watch from Monday evening to Tuesday afternoon, he said.

"Coastal areas could see 40 or 50 mph winds," he said. "The snow will be wet. Combined with the wind, it presents a serious risk of power outages." REUTERS

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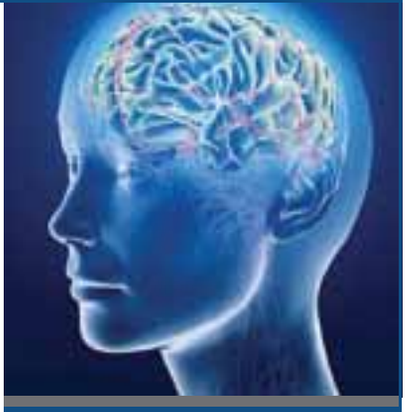

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In bow to NRA, Trump throws gun purchase age to states, courts

The administration's plan also includes training teachers to carry guns in schools, an idea already in place in some states and backed by the gun lobby.

President Donald Trump said on Monday he put off action on raising the minimum age for gun purchases, one of several measures he had backed after the latest U.S. school shooting but skirted after heavy opposition from gun rights groups.

The proposal to raise the minimum age for buying guns from 18 to 21 was not part of a modest set of Trump administration school safety plans announced on Sunday and which were closely aligned with National Rifle Association (NRA) positions.

"On 18 to 21 age limits, watching court cases and rulings before acting. States are making this decision. Things are moving rapidly on this, but not much political support (to put it mildly)," Trump wrote on Twitter.

Florida last week adopted new gun regulations, triggering a federal lawsuit from the NRA to block raising the minimum age for buying long guns.

The Republican president, who championed gun rights during his 2016 campaign, vowed to take action to prevent school shootings after a gunman killed 17 students and faculty at a high school in Parkland, Florida, on Feb. 14.

The shootings reignited fierce debate in the United States, and Trump stunned members of Congress during White House meetings by endorsing proposals long opposed by his fellow Republicans and accusing lawmakers of being afraid of the NRA.

However, the measures proposed by the White House on Sunday night were weaker than some of the more sweeping changes Trump had embraced during his televised meetings on the issue.

Trump backs legislation aimed at providing more data for the background check system: a database of people who are not legally allowed to buy guns. But he did not endorse a broader proposal that would close loopholes in existing law by requiring background checks for guns bought at gun shows or arranged over the internet.

The president has backed away from earlier statements on gun control. GETTY IMAGES

The top Democrats in Congress accused Trump of caving to the NRA and vowed to keep pushing for tougher gun measures.

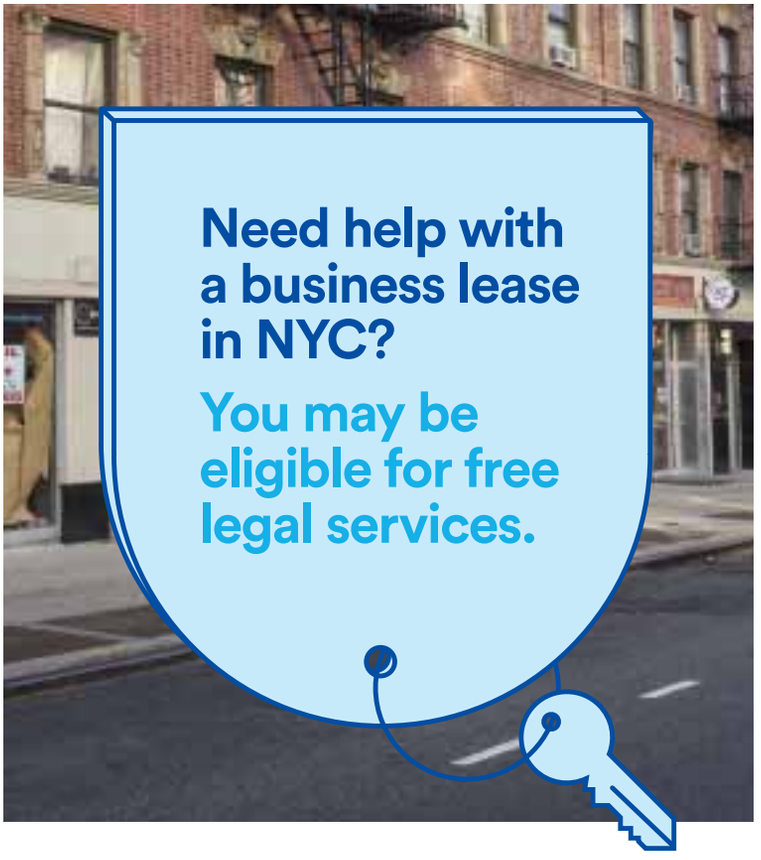
"The families and students suffering from the heartbreak of gun violence deserve real leadership, not a White House that cravenly tiptoes around the NRA," House Democratic leader Nancy Pelosi said in a statement.

It was not clear how quickly Congress would move on the issue. Senate Majority Leader Mitch McConnell, a Republican, has not scheduled debate for any gun-related bills.

The NRA-backed background check data bill, which now has a supermajority of co-sponsors, is pending in the Senate. With more than 60 co-sponsors in the 100-member chamber, individual senators would have a hard time slowing or blocking its passage if it were brought up for debate.

The White House put off some of the more controversial proposals, including raising the minimum purchase age, for further study by a new commission led by Education Secretary Betsy DeVos.

Asked why the age limit proposal was dropped from the administration plan, DeVos told NBC's "Today" show that the plan was the first step in a lengthy process. REUTERS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Stormy Daniels' NDA mentioned 'paternity' and 'alleged children'

Say what now?

MICHAEL MARTIN
letters@metro.us

In an interview with InTouch Weekly published in 2011, Stormy Daniels said that Trump never used a condom during their tryst. GETTY IMAGES

The nondisclosure form signed by porn star Stormy Daniels — which prevents her from talking publicly about her alleged affair with President Donald Trump — mentions "paternity" and "alleged children," which has led many to ask, "Uh, what?"

Daniels wants to be able to reply. She has sued Trump, claiming the NDA form is invalid because he didn't sign it. Signifying that the suit is perhaps not on the firmest legal footing, today Daniels's lawyer says that Daniels is willing to pay back the $130,000 Trump's lawyer paid her days before the 2016 election to keep quiet.

That payment, first reported by the Wall Street Journal in January, has raised the specter of a misuse of campaign funds by Trump's team. Daniels lawsuit against Trump led to the public release of the nondisclosure form.

But about that baby elephant in the room: Daniels' attorney Michael Avenetti said Friday that the inclusion of the words "paternity" and "alleged children" in the contract was boilerplate language, and that Daniels did not bear Trump's child and did not know of any children Trump was trying to keep secret: "Absolutely not. No," Avenetti told The Wrap.

In an interview with InTouch Weekly published in 2011, Daniels said that Trump never used a condom during their tryst, which began at an event at a Trump golf club in 2006 and spanned a few years. At that time, the future president was married to Melania Trump, and their son, Barron, was a newborn.

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White House expects North Korea summit to happen despite Pyongyang's silence

In an unexpected move last week, Trump agreed to hold a first-ever meeting with Kim, which South Korea said would take place by the end of May after a North-South summit in April.

Kim Jong Un and Donald Trump are expected to meet by May. GETTY IMAGES

The White House said on Monday it fully expects an unprecedented meeting between President Donald Trump and North Korean leader Kim Jong Un to take place, if North Korea sticks to its promises, even though Pyongyang has yet to comment publicly on the possibility of a summit.

A South Korean delegation that visited North Korea last week said North Korean leader Kim Jong Un expressed a wish to meet Trump and South Korea's president to discuss denuclearisation. North Korean media has reported the South Korean visit, but no details of the talks.

Asked if the North Korean silence meant there was a chance the meeting between Trump and Kim would not take place, White House spokeswoman Sarah Sanders said:

"We fully expect that it will. The offer was made and we've accepted. North Korea made several promises and we hope that they would stick to those promises and if so the meeting will go on as planned.

"We are continuing to prepare on a number of levels," she told a regular briefing. Earlier, South Korea said North Korea's silence on summits with both the United States and South Korea was probably due to caution in preparing for the meetings, while U.S. Secretary of State Rex Tillerson said Washington expected to hear directly from Pyongyang.

"We have not seen nor received an official response from the North Korean regime regarding the North Korea-U.S. summit," said Baik Tae-hyun, spokesman for South Korea's Unification ministry.

"I feel they're approaching this matter with caution and they need time to organize their stance."

Tillerson said several steps would be necessary to agree the location and scope of the talks.

"It's very early stages. We've not heard anything directly back from North Korea but we expect to hear something directly from them," he said during a visit to Nigeria.

Tillerson, who has cut short his first trip to Africa as secretary of state to return to Washington on Tuesday, a day ahead of schedule, did not elaborate.

News of possible talks has been a dramatic turnaround from fears of war over North Korea's development of nuclear-tipped missiles capable of hitting the United States.

Trump made the announcement after the head of a South Korean delegation that met Kim last week said the North Korean leader had committed to denuclearisation and pledged to refrain from nuclear and missile tests.

Asked in a Fox News interview due to air on Monday evening whether there was a real possibility of North Korea denuclearizing, U.S. Vice President Mike Pence said: "We'll see, as the president often says."

But Pence called Kim's offers to cease missile and nuclear testing while not objecting to U.S.-South Korean military exercises "a remarkable step forward" and a result of Trump's tough approach. REUTERS

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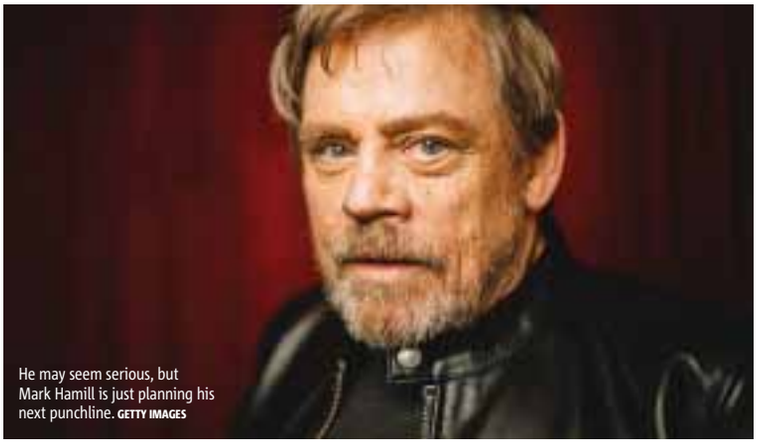
10 Times Mark Hamill was the *best* part of 'Star Wars'

Mark Hamill, the man behind everyone's favorite space farmboy Luke Skywalker, is pretty heroic right here in the real world. EVA KIS

Luke Skywalker was the beating heart of "Star Wars." 20TH CENTURY FOX



He may seem serious, but Mark Hamill is just planning his next punchline. GETTY IMAGES

1 He inspired a generation
It wasn't the cool spaceships, weird aliens and cutting-edge special effects that made "Star Wars" iconic — it was Hamill's performance as Luke Skywalker. He took Luke from an ordinary, whiny farmboy to the man who saved the galaxy from the worst villain it's ever known, creating a pop culture icon for kids everywhere who didn't feel special but wanted to make a difference.

2 He braves the wilds of Twitter
Twitter is a brutal place to be a celebrity, and many choose not to take part in social media entirely. Mark Hamill, though, is here for it all — from the haters to the biggest fans, he'll retweet your memes and slide into your DMs, he'll Like posts and troll himself harder than anyone else could.

3 He likes to keep up with fans
Getting to meet a celebrity as big as Hamill isn't easy — he's probably not getting his own coffee much these days, unless he's got an hour to spare taking selfies with everyone in the cafe. But Hamill still likes to find ways to mingle with fans, which he did by spending 2017's New York Comic Con photobombing people right on the convention floor.

Still got it! GETTY IMAGES

4 He made the "Star Wars" universe more inclusive
The joy of fandom is not just in finding community, but seeing heroes we can also embody. Hamill broadened the "Star Wars" universe just a little more by answering a fan's question about Luke's sexuality on Twitter. "His sexuality is never directly addressed in the films," he told @kynoren. "Luke is whatever the audience wants him to be, so you can decide for yourself."

5 He owns his mistakes
Most celebrities would cringe talking about the things they did early on in their careers, and basically any promotional stuff they do in Europe (because things get wild over there). Not Hamill — a fan recently dug up a photo of him from a 1980s German television show. He was rocking a gold lame suit, which Hamill retweeted with a valuable lesson for all of us: "Thanks to the internet — NOTHING EVER GOES AWAY."

6 He's a friend to creatures big and small
A known lover of Carrie Fisher's French bulldog Gary Fisher, Hamill also stuck up for the ice beast that tried to eat him in "The Empire Strikes Back." "When filming [that] scene I was assured my lightsaber swipe toward camera (creature not on set) would simply singe fur 2 scare him off," he wrote about the wampa that had stashed Luke away for a snack in its cave. "Horrified to later see amputation & unnecessary cruelty — Wampa was HUNGRY (not EVIL) — Luke would never do this!"

7 He's not afraid to get political
Americans have never been more politically divided, so celebrities who choose to make political comments risk greater backlash than ever. While other celebrities remain silent, Hamill hasn't hidden his opinion, whether it's calling out President Trump over accusations of Russian collusion and sexual harassment,

He approves this message. GETTY IMAGES

supporting transgender service members or backing the #MeToo movement.

8 He pays good tribute
Mark Hamill and Carrie Fisher weren't just space twins. They were also real-life friends for 40 years, up until her death in 2016. To commemorate one year of her passing, Hamill tweeted two photos of them together — and the perfect piece of fan art to capture her spirit. Get you a friend who knows and loves you for exactly who you are.

9 He cares about Luke as much as we do
To say "The Last Jedi" was controversial is the understatement of the franchise. By far the most controversial aspect was the twist that Luke had been the one to set Ben Solo on his path to becoming Kylo Ren, a move Hamill criticized to Nightline: "When I read [Episode] 8 I told Rian, 'I fundamentally disagree with virtually everything you've decided about my character.'" Even though he's since walked back that comment, plenty of fans feel the same.

10 He's a fan, too
It's fitting that the man who's adored by millions shares the love, too. Hamill understands the power of fiction to inspire and bring people together, and recommends the things that bring him joy, from Fox's genre-bending cop series "Brooklyn Nine-Nine" to Oscar winner Jordan Peele's "Get Out." Once you're done with your most recent rewatch of the "Star Wars" saga, look to Hamill for what to watch next.

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‘Nailed It’ is the cooking show for those of us who suck

Netflix *nails* it with a bake-off for basics.

LINNEA ZIELINSKI
linnea@metro.us

You might laugh when it happens to someone else, but we all know the feeling. You gave it your all, but that artsy cake you were making just didn’t turn out like you wanted.

Yep, it’s a Pinterest fail. And now you can watch amateur bakers attempt the same thing head-to-head with professional bakers on Netflix’s “Nailed It,” a baking show for lovers of the meme by the same name.

Call it finding solace knowing you’re not alone or, probably more accurately, schadenfreude, but there’s something about this show that’s absolutely delicious. The show dropped Friday and we’ve been laughing at hapless chefs — that are just like us — all weekend long. Get on it, fellow B-level baker.

Hosted by comedian Nicole Byer and chocolatier Jacques Torres, this show pits “home bakers with a terrible track record” against professionals, and makes them “take a crack at re-creating edible masterpieces for a $10,000 prize,” according to Netflix.

So, yeah, this is you versus the inventor of the cronut, given a microwave and two hours to create the perfect unicorn cake. What could go wrong?!

It’s sort of like Food Network’s “Worst Cooks in America” meets “The Great British Bake Off,” but with tons more laughs.

Each episode features a guest judge given the honor (?) of giving each successful or unsuccessful (hint: always unsuccessful) attempt to nail a re-creation of an ultimately unachievable baked good a taste test.

Spoiler alert? It doesn’t often go well. And we love it.

The entire first season (six 30-minute eps) of “Nailed It” is available now on Netflix.

What the fork? ALL IMAGES PROVIDED BY NETFLIX

Heads on the platter.

When things go very, very wrong in the kitchen, they’re oh-so right on this show.

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Emperor penguins take an adorable selfie

ZOOM

"It didn't take long for the naturally curious birds to seize the opportunity for a selfie."

The Australian Antarctic Division, in a statement

THE AUSTRALIAN ANTARCTIC DIVISION

Self-portrait in Antarctica

A couple of emperor penguins have recorded themselves after coming across a camera left on the ice in Antarctica. A 38-second clip was shared by the Australian Antarctic Division and went viral. Eddie Gault, one of the expedition's members, had placed the camera near a large emperor penguin colony while visiting a nearby research station. **MWN**

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video views and over 15,000 "likes" on the official @AusAntarctic Twitter account.

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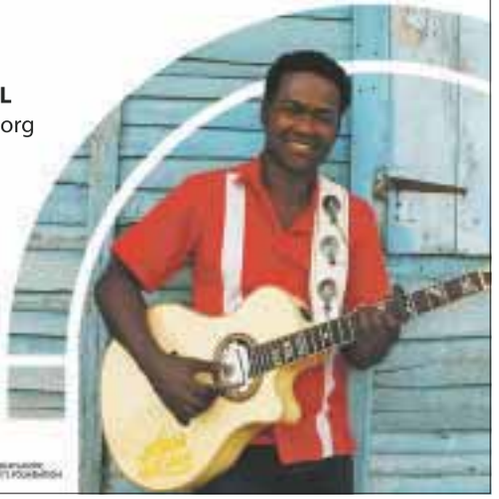

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This brewery will make a beer for *you*

Stillwater Artisanal needs your help in opening its brewery in Greenpoint — and there are some pretty sweet perks.

EVA KIS
eva.kis@metro.us

Stillwater Artisanal has created over 300 beers in breweries around the world. Now, it's planning to settle in Brooklyn. ALL PHOTOS PROVIDED

A crowdfunding campaign is looking to get a new brewery off the ground in Greenpoint — and beer lovers will be pretty excited about the perks.

Simply called Production, the brewery at 321 Kingsland Ave. will be the first-ever home base for Stillwater Artisanal, an award-winning independent beer brand. But founder Brian Strumke is thinking beyond just beer to a lab for food and drink science, plus a restaurant, bar and event space set to open by late fall 2018.

"It's not necessarily a brewery in the traditional sense; it's more of an experimental fermentation facility, a playground for our ideas," says Strumke.

With such a large, unusual project, his crowdfunding campaign through Growth Fountain also has the ambitious goal of raising $1 million. Reward tiers start at $100, which comes with a Stillwater T-shirt and free beer on your birthday for life, but beer lovers will be particularly interested in the $10,000 tier, where Stillwater will create a custom beer. You'll create the recipe with Strumke, from the grains to yeast, with a custom-designed label and 10 cases of your brew.

The story of Stillwater

All investors will receive 5 percent of Production's gross revenues, up to two times their original investment until it's repaid.

Strumke began, like most brewers do, with experimental brewing projects in his backyard before founding Stillwater in 2010. Until now, he's created all of his more than 300 beers as a gypsy brewer, meaning he leases equipment from breweries.

"I've always approached beer-making like an artist approaches their canvas," explains Strumke. "I might be sparked by something I've seen, tasted or experienced in the world, and then I'll fashion a recipe that attempts to capture or reflect that."

He's also a synesthete, meaning flavors have a certain color to him, which "usually comes into play at some point in the composition of the brew."

Knowing that Strumke has been a nomadic brewer makes his success is even more remarkable — you've probably seen Stillwater on prestigious menus like Momofuku, Upland and Cosme. Strumke's brews have found their way to 38 states and 15 countries across four continents.

"Back in 2010, when we started, my dream was to create beers that really compete with wine on the dinner table," he says. "In special cases, like with Cosme, we have actually worked together to design a beer specifically for their menu."

Brian Strumke

Next stop: Brooklyn

Brooklyn has been as much of a home base as Strumke has, keeping an office in the borough where his distributor, 12 Percent Imports, is also headquartered. After eight years, "it was time for us to create our own capacity, and invite other artists to collaborate the same way we were so graciously invited to do so all these years.

"It will give us an opportunity to experiment in ways that we could not in our nomadic spaces," he says, like experimenting with mixed cultures and new fermentation techniques, extended aging and extremely small batches.

It'll also give them a chance to round out the beverage experience with kombuchas, cocktails, natural wine and an "enviable" coffee program.

"It's ultimately going to be one large Willy Wonka-style factory where we can dream up new ideas and bring them to life."

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Cut from 'Star Wars' but still going gangbusters

He's no longer in "The Last Jedi," but you know Ralph Ineson already.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"I know this guy from SOMEthing!"
GETTY IMAGES

Ralph Ineson's been in the business for 25 years, so there's no doubt you'll recognize him. He's played memorable characters in both popular shows and films over the last 15 years, from "The Office" to "Game of Thrones" to "Harry Potter" to "Guardians of the Galaxy" to "Peaky Blinders."

Oh, yeah, and in "The Last Jedi," too. But you won't see that one.

"I could sit here and pretend that my character was integral to the whole 'Star Wars' universe," Ineson tells Metro. "But he was a bit of a plot device. They changed the rhythm of the way that the rebels got discovered, so he was cut out. It wouldn't have bothered the Academy."

It's that kind of easygoing nature that makes him so damn castable.

"I've been doing this for 25 years and am having a nice little period at the moment," he tells us.

The 48-year-old's stunning performance in 2015's "The Witch" saw his stock rise exponentially. So much so that later in 2018 he will pop up in The Coen Brothers' "The Ballad of Buster Scruggs."

Not only is he scheduled to feature in Steven Spielberg's "Ready Player One," which will hit cinemas on March 29, but Ineson starred in the recently released "The Hurricane Heist."

"It ['Hurricane Heist'] is just a great big, fun, in-your-face romp, and I've not had the chance to rock my action-movie bad guy as a performance style," he tells us. "It was a part I had wanted to play since I was 11 years old holding a stick and running around. I was just trying to look hard, but I had a big smile on my face throughout."

So keep an eye peeled for Ineson in … just about anything you see these days.

Just not "The Last Jedi." Haha.

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The Brooklyn Botanic Garden has over 200 cherry trees that bloom for about a month. PROVIDED

Cosplayers at Sakura Matsuri. BROOKLYN BOTANIC GARDEN

Will more snow stall cherry blossom season?

Despite two nor'easters in a week, Brooklyn's cherry trees may very well bloom right on time.

EVA KIS
eva.kis@metro.us

Washington, D.C. has the country's largest collection of cherry trees. GETTY IMAGES

Mother Nature is sending us some seriously mixed messages this year.

The first day of spring is officially March 20, and the first cherry blossom buds have already started to appear on trees. At the same time, the fourth nor'easter in about a week is bearing down on the East Coast.

Cherry trees are among the first to bloom every spring, and this one is going to be even earlier than usual thanks to record-setting high temperatures in February.

The National Park Service is predicting an early bloom for Washington, D.C., where the nation's largest collection of cherry trees can be found near the National Mall.

As it does every year, the National Cherry Blossom Festival will take place over four weeks beginning March 20, but peak blossoms are expected to arrive even sooner — between March 17 and 20.

That doesn't necessarily mean you'll miss out if you can't make it to the capital this weekend. In 2017, blooming started early ... but a sudden freeze killed off the flowers. The buds that survived ended up opening at the very end of the festival.

Here in New York, the best place to see cherry trees is the Brooklyn Botanic Garden, where it's business as usual.

"Our cherry blossom trees are still in winter mode," a rep tells Metro. "Most likely [they'll] make their usual appearance in April."

Cherry blossom season is known as Hanami, and Brooklyn Botanic's prized Japanese Hill-and-Pond Garden will be the heart of the action.

Its collection of more than 200 Japanese cherry trees is the largest in the city — a stroll beneath the full canopy of classic pink Kanzan trees covering its Cherry Walk is an essential Brooklyn Instagram pic.

Elsewhere in the garden are several other varieties, like the white-flowered Yoshino, the most prized variety in Japan, as well as tiny cherry bonsai trees.

The different varieties all bloom at various times, and only for a week each, through mid-May. In the middle of it all, don't miss one of the garden's largest parties of the year: Sakura Matsuri (April 28-29), a weekend-long celebration of Japanese culture with music, dancing, cultural events and tons of Comic Con-worthy cosplay.

Online

You can keep an eye on the Brooklyn Botanic Garden's blooms online with CherryWatch at **bbg.org**, and check out our guide to the city's best gardens for tulips, heathers, roses and orchids at **metro.us.**

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Staring at your phone in the dark when you can't sleep will only make your insomnia worse. ISTOCK

This is what happens to your mind and body when you don't get enough sleep

According to the Centers for Disease Control and Prevention, adults need seven hours of sleep every 24 hours. Yet when we fall behind, sleep's often the first thing to go. We talked to Dr. Boris Chernobilsky, director of Sleep and Airway Surgery at Mount Sinai Downtown-Union Square, about the importance of sleep.

Why is sleep so essential to us?
It is a crucial time of both physical and mental repair; many hormones like growth and thyroid hormones are released during non-[rapid-eye-movement] sleep while we dream and reorganize our thoughts during REM, allowing for improved learning and memory. We increase higher levels of certain essential hormones and we review and integrate the previous day's events into our memories while we dream during REM.

How does sleep deprivation affect us?
Lack of sleep is linked to so many problems it is hard to list them all. Of the important ones: higher mortality rates, morning headaches, erectile dysfunction, depression, poor short-term memory. Getting less than the required amount of sleep is equivalent to having a high blood-alcohol level when measuring tasks like reaction time in a driving-brake simulator.

Mount Sinai

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Stay Healthy

You have medical questions? We have answers. Metro is teaming up with the experts at the esteemed Mt. Sinai hospital to provide answers to New Yorkers' most pressing medical concerns. Send us an email at askmtsinai@metro.us. We'll select one question and publish an answer every other week.

Weight gain is a major issue because insulin metabolism is altered by sleep deprivation.

How can we ensure a good night's sleep?
Keeping the same bedtime, the room very dark, quiet and cool — all important. Avoid doing any non-sleep-related activities in bed since your brain may start associating the bed with "it's reading or eating time" rather than "it's sleep time." Avoid screen time or bright lights 30 minutes prior to bedtime. Avoid going to bed with drugs or alcohol in your system.

Is our sleep quality affected by sleep aids?
Certain things that people use as sleep aids actually worsen sleep quality: Benadryl and alcohol both fragment the sleep cycle.

What can people who have insomnia do?
Cognitive behavioral therapy for insomnia has been shown to be just as effective if not slightly more effective than medicine. Get out of bed after 10 minutes and go read on the couch until you're drowsy again.

Are naps a good idea?
Depends — they can be great. A 20-minute power nap can be incredibly effective and refreshing. A longer nap can actually cause grogginess, and a nap too late in the day can worsen someone's sleep cycle since they may not be sleepy enough when it is time for their natural bedtime.

If we haven't gotten a good night's sleep, how should we safely get through the day?
Take public transportation; driving while sleep deprived leads to car accidents. Coffee is safe and effective in moderation but I don't recommend it after 3 p.m. A power nap late in the morning or early afternoon can be extremely effective as well.

SHEILA DOUGHERTY

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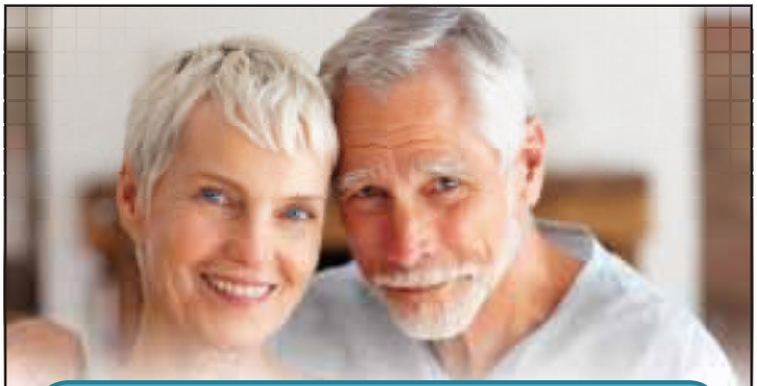

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APPROVED
FEBRUARY 6, 2018
INTEGREVIEW

M3 BIOTECHNOLOGY

Do you feel like your partner's stress is stressing you out? You're not crazy. But you might be now. ISTOCK

Is stress *contagious?*

According to a new study, spending time with a neurotic can really get inside your head.

KATE MOONEY
kate.mooney@metro.us

No matter how low-key you are, hang around a nervous Nellie and it's likely to put you on edge yourself.

Stress-by-proxy definitely feels real, at least anecdotally. But a new study suggests that being around an anxious type may actually alter your brain, inducing the same stress response that it would were the anxiety your own.

The research, published in Nature Neuroscience, examined how this transfer of stress plays out in pairs of mice. Jaideep Bains, Ph.D., and his team from the Cumming School of Medicine's Hotchkiss Brain Institute, University of Calgary, temporarily separated each pair, exposing one mouse to a mild stressor, and then reuniting it with its partner. Then they analyzed each mouse's CRH neurons, which govern the brain's response to stress, and found the activity was one and the same.

Why does this happen?

The researchers discovered that in response to stress, one mouse releases a kind of chemical alert signal that coaxes a similar cerebral response in the other.

The most basic explanation is that this occurs as a means for mammals to communicate with each other, which is obviously beneficial for survival. Bains explained that "the ability to sense another's emotional state is a key part of creating and building social bonds."

wellbeing

Similarly, the researchers found that the mice were also able to transfer calm vibes from one to the other, but this effect wasn't consistent for both male and female mice. After spending a little time with unstressed mice, stressed female mice were able to relax, and saw their brain's stress response diminish by half. But this didn't work for angsty male mice, who remained stuck on anxiety alert, even after interacting with chill vermin. Chalk it up to women being much more adaptive and better able to handle it, because we've always had to.

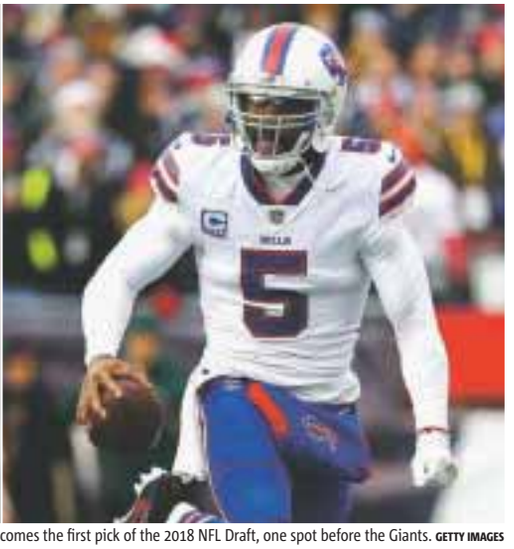
While this stress contagion effect hasn't exactly been tested out on humans, the researchers suspect they'd observe the same thing. "We readily communicate our stress to others, sometimes without even knowing it," noted Bains. "There is even evidence that some symptoms of stress can persist in family and loved ones of individuals who suffer from PTSD."

The next time you're feeling on edge, at least attempt to be sensitive of how your bad vibes might be rubbing off on others. Hopefully, we can all find the right person to spend our time with — someone with whom we can swap good cheer and angsty vibes in equal part. That would definitely be chill.

What will Giants do if Barkley is gone?

Cleveland's trade for Tyrod Taylor clears the way for Saquon Barkley, the Giants' preferred choice at No. 2, to be the No. 1 pick.

JOE PANTORNO
joseph.pantorno@metro.us



Cleveland's deal for Tyrod Taylor (right) could mean that Saquon Barkley (left) becomes the first pick of the 2018 NFL Draft, one spot before the Giants. GETTY IMAGES

A busy weekend for the Cleveland Browns might have just thrown a big wrench into the future plans of the New York Giants.

After acquiring wide receiver Jarvis Landry from the Miami Dolphins, the Browns traded for Buffalo Bills quarterback Tyrod Taylor, quickly injecting the hapless, winless team with notable talent.

But how does this affect the Giants?

After going 0-16 last year, the Browns hold the first-overall pick (as well as the fourth) in the NFL Draft this year. An organization that has been desperately searching for a franchise quarterback since its reboot in 1999 might be under the impression that it got one in Taylor, who has passed for 51 touchdowns compared to just 18 interceptions over the last three years as a starter with the Bills.

The big question in the build-up of the draft was whether the Browns would draft a quarterback with the No. 1 pick and address another pressing need with the fourth pick. That would have left Penn State running back prospect Saquon Barkley, who is considered the best overall talent in the draft class, open for the Giants to snap up with the No. 2 pick.

New York was very high on Barkley and looked to be the team's preferred choice.

Now it seems as though the Browns will take Barkley at No. 1 to round out a potent-looking offense that will include Taylor under center, Landry, Cory Coleman and Josh Gordon at wide receiver, tight end David Njoku, and a solid offensive line.

So what could the Giants do at No. 2 if Barkley is gone?

DRAFT A QB

While new general manager Dave Gettleman has given veteran Eli Manning the vote of confidence under center for 2018, the Giants still could take the best quarterback prospect available in the draft.

SAM DARNOLD

There isn't a shortage of options, either as Wyoming's Josh Allen, USC's Sam Darnold, UCLA's Josh Rosen, Oklahoma's Baker Mayfield and Louisville's Lamar Jackson have all appeared on numerous first-round mock drafts.

Picking who they see fits best within the organization, the Giants could redshirt whichever young talent they choose and throw him in the mix for the starting job in 2019 alongside Davis Webb, who was taken out of Cal in last year's draft.

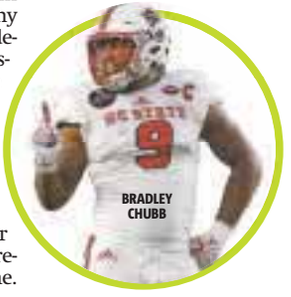
TAKE THE BEST POSSIBLE TALENT

New York might deem any quarterback worthy of their No. 2 pick and decide to take the best possible prospect available regardless of position.

The general consensus is that NC State defensive end Bradley Chubb is that talent, though he would have to contend with Olivier Vernon and Jason Pierre-Paul for playing time. However, the Philadelphia Eagles proved in 2017 that it doesn't hurt to have too much talent coming from the edge.

DERRIUS GUICE

In his last two seasons at NC State, Chubb racked up 20 sacks and 44 tackles for a loss in just 25 games.



BRADLEY CHUBB

Notre Dame offensive guard Quenton Nelson is another option and addresses a clear need for the Giants considering their line was a liability in 2017. Nelson is expected to be a top-10 pick but not necessarily a top-three selection.

TRADE THE PICK

There are going to be plenty of teams desperate to take a quarterback and if Gettleman chooses not to pick a passer, he might use the No. 2 selection as a bargaining chip to acquire something more.

Hypothetically speaking, the Bills will be in need of a quarterback after dealing Taylor and they could deal both of their first-rounders (Nos. 16 and 22) to the Giants for their No. 2 pick. That would allow the Giants to address any of their needs, whether it be getting offensive line help in the form of Mike McGlinchey of Notre Dame or Will Hernandez from UTEP, an interior defensive lineman like Michigan's Maurice Hurst or Washington's Vita Vea, or a running back with plenty of upside like Derrius Guice out of LSU.

Yankees sign Walker, add more depth to infield

The New York Yankees have signed veteran second baseman Neil Walker, pending a physical. According to FanRag Sports' Jon Heyman, the deal is believed to be a one-year deal worth $5 million.

Walker, 32, is a nine-year veteran who last played for the Milwaukee Brewers after being traded from the cross-town New York Mets in August.

Back injuries robbed him of a consistent, productive, and possibly long-term stint with the Mets as he was just one of many notable names sidelined due to health issues. The closest thing he had to a full season with the Mets in 2016 (113 games) was one of his best in the majors, slugging 23 home runs — which tied a career high — with 55 RBI and a .282 batting average, his highest mark since 2010.

The injury issues followed him into 2017 as he missed six weeks spanning from June to July. He still managed to bat .264 with 10 home runs and 36 RBI in 73 games. But a suddenly-rebuilding team, which also shipped off Jay Bruce, Lucas Duda and Addison Reed, opted to deal the pending free agent to the Brewers for minor-league pitcher Eric Hanhold.

Neil Walker signed a one-year deal with the Yanks on Monday. GETTY IMAGES

In 38 games for Milwaukee, Walker hit .267 with four home runs and 13 RBI.

Now Walker joins a Yankees team that has plenty of depth within its infield, though he will likely be the starter at second base. He is a cheap veteran placeholder for Gleyber Torres or Miguel Andujar, two young prospects that are the future of the Yankees' infield and are expected in some combination to man second and third base for the foreseeable future once they're ready to make the permanent jump to Major League Baseball.

New York made a similar deal by acquiring Brandon Drury from the Arizona Diamondbacks earlier this winter to start at third base should the prospects need more time to hone their games in the minors.

Regardless, Walker could have a highly-productive stay in the Bronx. The switch-hitter could feast on the short porch in right field to add another perspective 25-plus home-run bat to the middle of the Yankees order that already includes Giancarlo Stanton, Aaron Judge, Gary Sanchez and Didi Gregorius.

That makes New York's lineup that much more imposing come Opening Day. JOE PANTORNO

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Swede Tinnerholm making quick impact for MLS' NYCFC

The new right back has had a solid start to his career in MLS.

JOE PANTORNO
joseph.pantorno@metro.us

Anton Tinnerholm (left) celebrates his first-ever goal with NYCFC during Sunday's win over LA Galaxy. GETTY IMAGES

In the franchise's short history, New York City FC has never really had a bona fide right back to bolster the defense.

Over the past two years, manager Patrick Vieira has been forced to mix and match at the position with RJ Allen and Ethan White getting a lion's share of the playing time during that stretch.

Both Allen and White are not with the club anymore and Vieira looks as though he found a concrete answer at right back when he signed Swedish defender Anton Tinnerholm from Malmo FF.

The 27-year-old won four Swedish titles with his former club in a five-year stretch and appeared in the group stage of the UEFA Champions League on two occasions.

While it's just two games into the MLS season, Tinnerholm has already made a sizeable impact on his new club, headlined by his first-ever goal with NYCFC during Sunday evening's home-opening win over LA Galaxy at Yankee Stadium.

In the 22nd minute of a scoreless match, the defender marauded into the Galaxy box and pounced on a loose ball, cracking a stunning left-footed effort off the crossbar and across the goal line, a surprisingly acrobatic and skilled finish from a right back on his opposite foot.

It opened the scoring in what would be a 2-1 NYCFC victory.

"The ball bounced to me and I got a great hit. It's that simple. I'm not used to scoring with my left but today was the day and I got a really great hit," Tinnerholm said. "Not even in training have I scored any goals like that. Couldn't be better scoring in the home opener like that."

Tinnerholm streaking down the wing is quickly becoming a common sight for the Blues, who are playing an aggressive, attacking brand of soccer under Vieira.

It's different than what Tinnerholm was used to in Sweden, but his performance indicates that he is taking it in stride.

"The tempo is very high here. You don't have much time with the ball. That's the main difference compared to Europe," he admitted. "The field is a little bit tighter and smaller so you need to know what you want to do with the ball and I think it's good for our team because the opponent will feel that we're pressuring them very high."

The Galaxy could not string together any sort of offensive moves in the first half of Sunday's match as that frenetic pace exhibited by NYCFC clearly rattled the visitors.

It was all a part of Vieira's plan, who knew that Tinnerholm would have this kind of impact on his team.

"We have a clear philosophy and idea of the way we want to play the game and this is why it was important to bring in the right player to fit the system," Vieira said. "So Anton likes to go forward and the way we like to play suits him really well."

With the maximum six points taken from its first two matches, the philosophy is clearly working and Tinnerholm is playing his part as NYCFC hold an early share of the Eastern Conference lead.

LIU Brooklyn opens NCAA Tourney

LIU Brooklyn opens up the 2018 NCAA Tournament with a play-in game against Radford tonight (6:40 p.m. ET, TRU TV). The winner gets the No. 16 seed in the East Region and takes on Villanova. GETTY IMAGES

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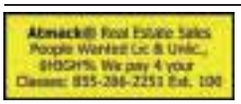

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NOTICE IS HEREBY GIVEN that a license, Serial # 1308808, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 97 N 10th Street, Brooklyn, NY 11249. Kings County, for on premise consumption. North 10th Restaurant Company LLC.

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS
HSBC BANK USA, NATIONAL ASSOCIATION AS TRUSTEE FOR DEUTSCHE ALT- A SECURITIES MORTGAGE LOAN TRUST, SERIES 2007-1, Plaintiff - against -MARK ROBINSON, et al Defendant(s)
Pursuant to a Judgment of Foreclosure and Sale entered on November 13, 2017. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 23rd day of March, 2018 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and Being in the Town of Queens, County of Queens, State of New York. Said premises known as 142-25 Hook Creek Boulevard, Rosedale, N.Y. 11422. (Block: 13627, Lot: 68)
Approximate amount of lien $998,673.70 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 702609-14.
Gary Darche, Esq., Referee
McCabe, Weisberg & Conway, P.C.
Attorney(s) for Plaintiff
145 Huguenot Street, Suite 210
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NOTICE IS HEREBY GIVEN that a license Number 1308815, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 40-32 149th Place, Flushing, NY 11354. Queens County, for on-premises consumption. Y&M Ent Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1308651, for Restaurant Wine has been applied for by the undersigned to sell Liquor, Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 759 Nostrand Ave., Brooklyn, NY 11216. Kings County, for on premises consumption. Cuatro Rios LLC.

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LEGAL NOTICES

SUPPLEMENTAL SUMMONS
Index No.: 704359/2016
Date of Filing: February 14, 2018
SUPREME COURT OF THE STATE OF NEW YORK
COUNTY OF QUEENS
WELLS FARGO BANK, N.A. Plaintiff,
-against-
VINCENT NICHOLAS INDIVIDUALLY AND AS HEIR AT LAW AND NEXT OF KIN OF CLEMENT GIBSON;

NEW YORK CITY PARKING VIOLATIONS BUREAU; NEW YORK CITY TRANSIT ADJUDICATION BUREAU; "JOHN DOE" AND "JANE DOE" 1 THROUGH 50, INTENDING TO BE THE UNKNOWN HEIRS, DISTRIBUTES, DEVISEES, GRANTEES, TRUSTEES, LIENORS, CREDITORS, AND ASSIGNEES OF THE ESTATE OF CLEMENT GIBSON WHO WAS BORN IN 1931 AND DIED ON AUGUST14, 2015, A RESIDENT OF THE COUNTY OF QUEENS, THEIR SUCCESSORS IN INTEREST IF ANY OF THE AFORE SAID DEFENDANTS BE DECEASED,THEIR RESPECTIVE HEIRS AT LAW, NEXT OF KIN, AND SUCCESSORS IN INTEREST OF THE AFORESAID CLASSES OF PERSON, IF THEY OR ANY OF THEM BE DEAD, AND THEIR RESPECTIVE HUSBANDS, WIVES OR WIDOWS, IF ANY, ALL OF WHOM AND WHOSE NAMES AND PLACES OF RESIDENCE ARE UNKNOWN TO THE PLAINTIFF; LILIAN ELIZABETH GIBSON AS HEIR AT LAW AND NEXT OF KIN OF CLEMENT GIBSON; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; NEW YORK CITY ENVIRONMENTAL CONTROL BOARD; ''JOHN DOES'' and ''JANE DOES'', SAID NAMES BEING FICTITIOUS, PARTIES INTENDED BEING POSSIBLE TENANTS OR OCCUPANTS OF PREMISES, AND CORPORATIONS, OTHER ENTITIES OR PERSONS WHO CLAIM, OR MAY CLAIM, A LIEN AGAINST THE PREMISES, Defendants.

TO THE ABOVE-NAMED DEFENDANTS: YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a Notice of Appearance on the Plaintiff's attorney(s) within twenty (20) days after the service of this summons, exclusive of the day of service, where service is made by delivery upon you personally within the State, or within thirty (30) days after completion of service where service is made in any other manner, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. YOU ARE HEREBY PUT ON NOTICE THAT WE ARE ATTEMPTING TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE TO THE ABOVE-NAMED DEFENDANTS: The foregoing summons is served upon you by publication pursuant to an Order of the Honorable Pam Jackman Brown of the Supreme Court of the State of New York, signed on February 2, 2018, and filed with supporting papers in the Office of the Clerk of the County of Queens, State of New York. The object of this action is to foreclose a mortgage upon the premises described below, executed by CLEMENT GIBSON and VINCENT NICHOLAS to WELLS FARGO BANK, N.A., bearing date November 14, 2007 and recorded in CRFN: 2008000010058 of Mortgages in the County of Queens on January 9, 2008. The aforesaid instruments were thereafter modified by Home Affordable Modification Agreement effective March 1, 2012 and recorded in CRFN: 2012000175047 of Mortgages in the County of Queens on May 2, 2012, creating a new principal balance of $307,022.19. Said premises being known as and by 130-24 147TH STREET, JAMAICA, NY 11436. Date: February 13, 2018 Batavia, New York Jamila A. Lee, Esq. ROSICKI, ROSICKI & ASSOCIATES, P.C. Attorneys for Plaintiff Batavia Office 26 Harvester Avenue Batavia, NY 14020 585.815.0288 Help For Homeowners In Foreclosure New York State Law requires that we send you this notice about the foreclosure process. Please read it carefully. Mortgage foreclosure is a complex process. Some people may approach you about "saving" your home. You should be extremely careful about any such promises. The State encourages you to become informed about your options in foreclosure. There are government agencies, legal aid entities and other non-profit organizations that you may contact for information about foreclosure while you are working with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANKNYS (1-877-226-5697) or visit the Department's website at www.banking.state.ny.us. The State does not guarantee the advice of these agencies.

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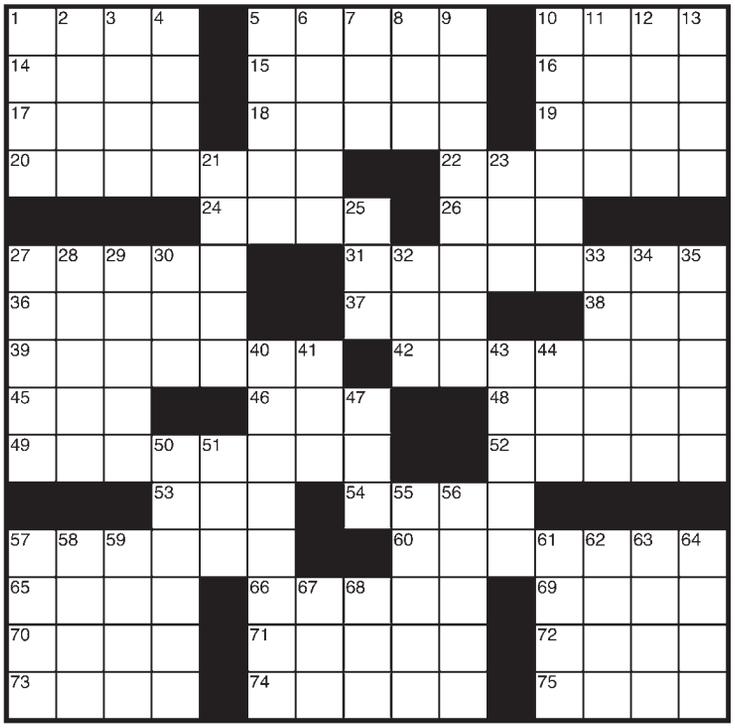
Across

1 Luau instruments
5 Fuzzy fruit
10 Did laps
14 Toy building block
15 Pond growth
16 Raspberry stem
17 Move toward
18 Metamorphic rock
19 -- Mae Brown
20 Somewhat firm (2 wds.)
22 Rang up
24 Masculine principle
26 Prune off
27 Courteous
31 Comes before
36 Organic acid
37 Airline to Stockholm
38 Ref's kin
39 Root vegetable
42 Main part
45 Omelet ingredient
46 Region of India
48 Memento
49 Went back into business
52 Day one
53 QB -- Manning
54 Fjord port
57 Trouble brewing
60 Survive (2 wds.)
65 Seized
66 Home with a dome
69 Big Dipper bear
70 Altar area
71 Hamburger extra
72 Malamute's load
73 Crisis point
74 Zany 7
5 Actress -- Sedgwick

DOWN

1 Arm bone
2 Hull bottom
3 Major Hoople's word
4 Painful
5 Vermicelli
6 Ms. DeGeneres
7 Ottoman official
8 Family pet
9 Unmindful
10 Abrasion
11 Mournful cry
12 Before
13 Middle Ages quaff
21 Chute fabric
23 Gold medal org.
25 Location technique: abbr.
27 Prank
28 Reflection
29 Zodiac sign
30 Those in office
32 "Norma --"
33 Slam --
34 Intro giver
35 Ran up bills
40 Spark plug's system
41 "The Raven" author
43 Kind of pigeon
44 Years on end
47 Tumult
50 Snuck a look
51 Chicago Loop trains
55 Fire
56 A little crazy
57 Idaho neighbor
58 Uh-uh
59 Sub -- (secretly)
61 Evening
62 Yves' airport
63 Net surfer
64 Mock fanfare (hyph.)
67 Dik-dik cousin
68 Found a perch



metro.us/sudoku

easy

	1				8			7
			7	2				
		7	3	4	9			8
	3	5						2
8			9		3			1
9						7	8	
7			4	8	6	5		
				9	5			
4			2				1	

hard

	4	8		2	6		9	3
					9			
6			4	7		1		
8				1			2	
	1						3	
	2			4				1
		2		5	4			6
			7					
5	9		8	3		2	4	

metro.us/horoscopes

Aries Take a moment to make personal changes that will lift your spirits and set you on a goal-oriented path. Ask someone you've helped in the past to reciprocate.

Taurus Stop questioning everything and start doing what needs to be done. It's what you do with your time that will make a difference in the end.

Gemini You can make personal improvements, but take care of your responsibilities before you do so. The order in which you do things will make a difference to others.

Cancer Consider your options before you make a fuss or get into a disagreement with someone. Making a point to cooperate and compromise will better serve you.

Leo Friendships, love and positive interactions with the people you deal with on a daily basis will help you get along with others. Join forces to bring positive change.

Virgo Be friendly but distant when dealing with peers. Tell them just enough without offering personal information. Being a good listener will give you an edge.

Libra You'll have good luck dealing with matters pertaining to your relationships with others. Speak up and share suggestions. Positive change is within reach. Romance is favored.

Scorpio Emotional matters will escalate when discussing personal matters with a friend. When faced with a stubborn individual, you are better off doing something creative.

Sagittarius Some of your old ideas will work well now. Changes to your home, lifestyle or living situation will encourage greater stability and financial security.

Capricorn Dealing with an older relative or the personal affairs of someone close to you will leave you thinking about your own records. Ease stress and unclutter your life.

Aquarius Share your emotions and memories with someone whom you feel will benefit from what you have to say. Words of wisdom will lead to a closer bond and wiser choices.

Pisces Update personal documents and make decisions regarding your investments. Don't miss out because of your inattention to detail. Stand up and be accountable. EUGENIA LAST

Yesterday's answers

R	E	N	E		S	H	I	V	A		G	A	L	A
E	M	I	R		I	O	T	A	S		U	R	A	L
A	M	B	O		L	O	A	N	S		N	I	C	E
L	A	S	S	O	E	D		S	U	B	W	A	Y	
			I	N	N	S			M	O	A			
D	E	V	O	U	T		T	R	I	P	L	E	T	
O	M	E	N	S		S	W	A	N		E	A	R	P
L	O	G			A	P	I	N	G			T	A	I
E	T	A	S		B	A	S	K		E	L	E	C	T
	E	N	T	R	U	S	T		P	L	E	N	T	Y
			A	C	T			L	E	I	A			
	T	A	T	A	M	I		A	W	A	R	D	E	D
J	O	S	E		E	G	Y	P	T		N	U	D	E
A	U	E	L		N	O	O	S	E		E	T	N	A
B	R	A	Y		T	R	U	E	R		R	Y	A	N

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